



## PHONES FOR SENIORS

**Wednesday, January 3, 2018 @ 10am**

A representative from AT&T will be hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

## TECH TIME

**Wednesday, January 10, 2018 @ 2pm—4pm**

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

## WOMEN & INFANTS BREAST HEALTH

**Wednesday, January 31, 2018 @ 11am**

Women & Infants will be coming to Seekonk Human Services to present the importance of Breast Health. The best health care doesn't come from machinery or buildings. It comes from people. At the Breast Health Center, we combine advanced technology and the full spectrum of treatment options with the most crucial elements – specialized expertise and a compassion that guides us in all we do. Every day, it is our privilege to evaluate and, if necessary, treat, women promptly and efficiently. It's our golden rule, and why you should choose us for your breast health care. Lunch will be Venus de Milo Soup and dessert for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

## LET'S LEARN TOGETHER! SEARCHING ONLINE

**Wednesday, January 31, 2018 @ 2pm**



Most everything that used to be done with paper is now being put online - and YOU have to find it! If you have a tablet or laptop and want to learn more

about searching the internet, this class is for you! Bring your laptop or tablet so we can review using a web browser, understanding search results, and finding reliable information for the searches you want to do. Librarian Michelle Gario will lead this 90 minute class. Please make sure your laptop is fully charged or bring your cable and charger with your device. Contact the Senior Center to register at 508-336-8772. For more information, contact Michelle Gario at the Seekonk Public Library, [508-336-8230](tel:508-336-8230).

## FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at Seekonk Human Services on Thursdays from February 1—April 12 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

## CIRCUIT BREAKER

### What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2016 is \$1070.

### Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

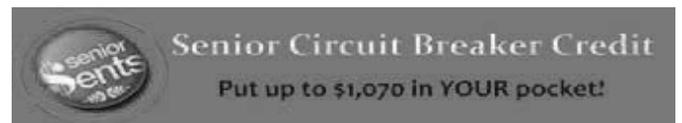
### Income Guidelines:

- ◆ \$57,000 single
- ◆ \$71,000 head of household
- ◆ \$86,000 married filing jointly

\*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

### To Qualify:

- ◆ You or your spouse must be 65 or older by the end of the year
- ◆ If married, you must file jointly
- ◆ You must rent/own a home in MA that is your primary residence
- ◆ Your property's assessed value can't exceed \$691,000 by January 1, 2012
- ◆ If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes



## 2018 TRIPS

Newport Playhouse  
Wednesday, March 21, 2018  
Depart: 10am Return: 5pm  
Cost: \$60 per person (driver gratuity included)

Newport Playhouse, "Remember Me." Written by Sam Bobrick. Directed by Daniel Lee White. A couple in the mid-forties to early fifties, who have a happy but tired marriage, find themselves examining their relationship after woman's college boyfriend shows up... or doesn't. Enjoy the delicious lunch buffet which includes dessert. After the play enjoy the cabaret. You are in for a laugh! **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups. \*\*Residents must sign up by February 10th. None residents can begin signing up on February 15th\*\***

**\*Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Seekonk Human Services at 508-336-8772. Please utilized the Knights of Columbus parking lot first\*\***

\*\*\*\*\*

### GROCERY SHOPPING ASSISTANCE "BAGS"

(A PROGRAM OFFERED BY HUMAN SERVICES)

*\*Do you need assistance with shopping?*

**WE CAN HELP**

BAGS (Bringing Assistance with Groceries to Seniors) provides a personal shopper for frail Seekonk residents, 60 years of age or older, who are unable to shop for themselves. Human Services personnel assess the needs of the elder, review their grocery list, shop at local stores, bring home and unpack the groceries, if necessary. Elders who may be in crisis and in need of food immediately are served by the program on a priority basis. For more information, please call Seekonk Human Services at 508-336-8772.

\*\*\*\*\*



## FUEL ASSISTANCE

If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department.

### Income Guidelines:

Maximum income for 1 person is \$34,380, for 2 people is \$44,958, for 3 people is \$55,537, and for 4 people is \$66,115.

### Needed Documents:

#### ⇒ Proof of income:

- ◆ 4 consecutive pay stubs
- ◆ Social Security Award Letter or 1099
- ◆ Pension (Current 1099)
- ◆ Interest Dividends (1099)
- ◆ List of everyone in household plus their income
- ◆ Food Stamps—copy of verification

#### ⇒ Homeowner's must include:

- ◆ Mortgage statement
- ◆ Real estate tax bill
- ◆ Insurance bill
- ◆ Recent copy of electric bill and gas/oil bill

#### ⇒ Renters Include:

- ◆ Rent receipt
- ◆ Recent copy of electric bill and gas/oil bills

## BASIC BEGINNER SIGN LANGUAGE CLASS

This is a signed English class. You will learn words, sentences and choruses. Classes will be held on Tuesdays from 10am to 12pm for 10 weeks starting January 23, 2018 through March 27, 2018. Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547

## EXPLORATION WEDNESDAYS UPCOMING ACTIVITIES

### ⇒ Valentine's Day Celebration

### ⇒ TRIAD

**\*Be on the lookout in the February newsletter for the activities and luncheons.**

## MEN'S BREAKFAST

Thursday, January 11, 2018 @ 9:30am

### Toti's Restaurant

All men are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast, order what you want, pay for what you order.

## NUTRITIONAL MEALS

Tuesdays & Thursdays at 11:30am

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

## TWO SAFETY MEASURE ONE PRIORITY

The Bristol County Sherriff, Thomas Hodgson is offering the **"R.U.O.K?" program.** Calls are placed to seniors, disabled persons, and shut-ins at the same time each day to check on the well being of the individual. After a second call if no one answer, Emergency responders will be dispatched to check in on the person. Applications are available at Seekonk Human Services, or by calling 774-628-0030.

**FREE File of Life Folders** are available at Seekonk Human Services. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one. Pick up yours today!

## BALANCE -- MEMORY -- WEIGHT

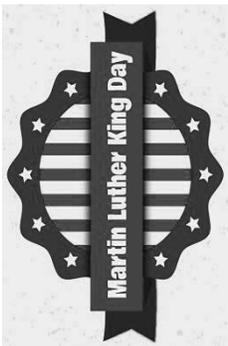


Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. I would love to show you how this program could help you. Contact Nancy at 508-336-9547

**\* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs.**

# SEEKONK COUNCIL ON AGING

## January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>HAPPY NEW YEAR 2018 <small>www.klutterstock.com - 482507668</small></p>	<p>2</p> <p>Silver Sneakers 10am - 10:45am NO LUNCH</p> <p>3</p> <p>Phones for Seniors 10am</p> <p>Chair Yoga 10am - 10:50am</p> <p>Mahjong 1pm - 3pm</p>	<p>4</p> <p>Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cuban Picadillo</p> <p>BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>5</p> <p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>	
<p>8</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts &amp; Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5</p>	<p>9</p> <p>Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Baked Meatloaf</p> <p>10</p> <p>Chair Yoga 10am - 10:50am Essential Oils @ 1pm</p> <p>Mahjong 1pm - 3pm Tech Time 2pm - 4pm</p>	<p>11</p> <p>Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Parmesan</p> <p>BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>12</p> <p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>	
<p>15</p>  <p>Martin Luther King Day</p>	<p>16</p> <p>Silver Sneakers 10am - 10:45am NO LUNCH</p> <p>17</p> <p>Chair Yoga 10am - 10:50am Autism Disorder @ 11am Lunch: Chicken Casserole for \$3</p> <p>Mahjong 1pm</p>	<p>18</p> <p>Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Park</p> <p>BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>19</p> <p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>	
<p>22</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts &amp; Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5</p>	<p>23</p> <p>Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 American Chop Suey</p> <p>24</p> <p>Chair Yoga 10am - 10:50am TRIAD: Tax Exemptions @ 11am Lunch: Meatloaf for \$3 Mahjong 1pm Brown Bags 9am - 11am Drop Off 11am Pick up at the center</p>	<p>25</p> <p>Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken</p> <p>BINGO 1pm - 3pm Cribbage 1pm - 3pm</p>	<p>26</p> <p>Advanced Yoga 9am - 10am Cost \$5</p> <p>Tai Chi 10:15am - 11:00am</p>	
<p>29</p> <p>Chair Yoga 10am - 10:50am</p> <p>Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts &amp; Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5</p>	<p>30</p> <p>Sign Language 10am - 12pm Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Susage, Peppers &amp; Onions</p> <p>31</p> <p>Chair Yoga 10am - 10:50am Womens Breast Health @ 11am Lunch: Venus de Milo Soup for \$3 Mahjong 1pm Let's Learn Together! Searching Online @ 2pm</p>			



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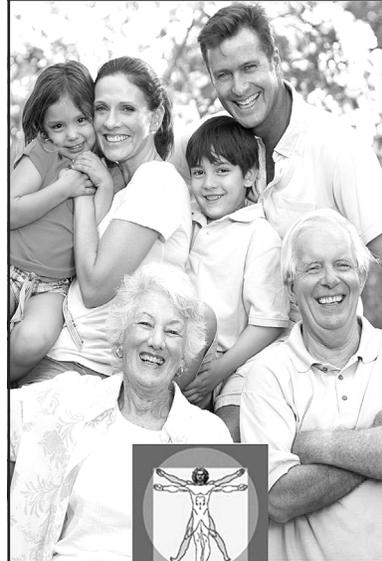


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Monday - Thursday: 7:30 AM - 7:00 PM  
Fridays 7:30 AM - 4 PM

## BEEF STEW

**Ingredients:**

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water

**Directions:**

In a large pot or dutch oven, cook beef in oil over medium heat until brown.

Dissolve bouillon in water and pour into pot.

Stir in rosemary, parsley and pepper.  
Bring to a boil, then reduce heat, cover and simmer 1 hour.

Stir potatoes, carrots, celery, and onion into the pot.

Dissolve cornstarch in 2 teaspoons cold water and stir into stew.

Cover and simmer 1 hour more.



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**@ 3:30pm at the**  
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